



THE FLYER

Salisbury University's student voice

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Student run nonprofit sends aid to Zimbabwe

BY SHANNON WILEY
Staff Writer

When it comes to nonprofit organizations that really make a difference, most people do not think of their classmates two dorm rooms down.

But on Salisbury University's campus, that very perception might be changed.

In November 2013, Bernice Jere, a then-senior, and a small group of friends took the first step toward becoming the next big hope for Zimbabwe by creating an organization called Tibatane, which means "together" in Shona, the national language of Zimbabwe. Today, just three months later, a larger team that spans the United States is getting ready to open their first clothing store and is planning their first trip to Zimbabwe.

The purpose of Tibatane is stated on their website, to bring "passionate college students together to tackle humanity's most pressing social needs."

Jere is originally from Zimbabwe, but she is living in the United States while attending college. She said this sparked her desire to help those living there in poverty.

"There was a need to help people in Zimbabwe," Jere said, "Our population is about 12 million. Seven million, almost eight, live in poverty. (A few friends and I) thought about this, but then thought, how do we do something about this?"

Their mission overall is to serve, build and sustain. Instead of just raising money and giving it to the people of Zimbabwe, they want to teach them to live sustainably.

As strong as the organization is and as driven as they are currently, Tibatane was not always as together.

"For the first month or two, it was just me. My friends thought it was just another one of my crazy ideas," Jere said.

It was not until SU sociology professor Shawn McEntee asked her, "Why aren't you doing anything about it?" that she got her friends together and really started to make something happen. Jere and her friends grew their organization by asking other friends, friends of friends, getting referred and being referred to by others, and finding common passions about seeing change and more sustainable communities in Africa. Tibatane now consists of twelve people and is completely student lead, driven and run.

"We believe in 'if you teach a man to fish, he



will live forever," Jere said. "It's more than money that they need, because money breeds dependency."

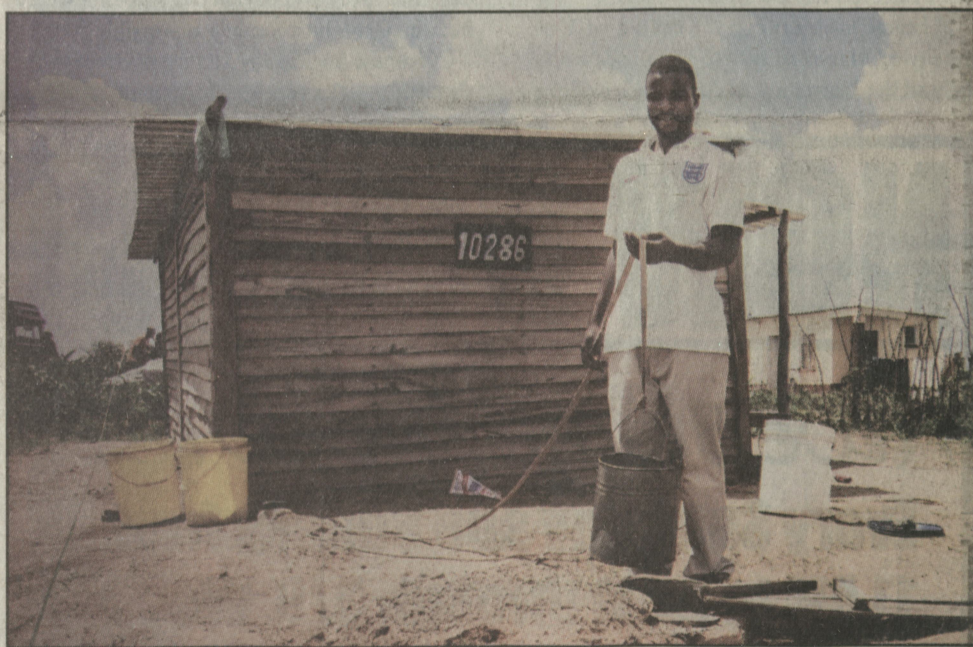
To help do this, Tibatane raises money so that they can provide empowerment and support for men and women in Zimbabwe to build a life and business for themselves. For men, the group helps them with business plans to build farms. Tibatane tends to focus on the women, because many women in Zimbabwe do not work at all. Tibatane is working to help women build and create clothing stores, starting with small stands and eventually growing into large factories, each with multiple employees so that these women can expand and even export across the globe.

Currently, Tibatane is raising awareness and participation, while also beginning to sell their clothing.

"We want to create socially conscious clothing- so that when you wear it, you're like 'wow, I'm part of the movement, the Tibatane movement,'" Jere said.

Once the team starts working with people in Zimbabwe, their plan is to work to make a dif-

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Bernice Jere submitted photos
SU students worked together to raise money for construction and sustainability projects in Zimbabwe such as those pictured above.

The Gathering Construction on student housing to begin soon

BY NICOLE BISER
Staff Writer

New housing for Salisbury University students is currently planned for the westerly side of South Division Street, south of Dykes Road, within the College University District.

The development is proposed to be built on a 5.02 acre site south of the athletic fields and adjoined to the Southside Professional Center located in the Salisbury University zoning district.

Entrance to The Gathering would be from South Division Street, opposite the medical office building.

There is not an official date for completion of the Gathering at Salisbury, but an estimated time that building should start would be either late this year or next year, if every-

thing is to go as planned. Also, it is expected to be built in one phase of development. This is something for students to look out for.

The new housing is going to be called The Gathering at Salisbury. So far the Commission has approved the preliminary comprehensive development plan, submitted by Donna Sanders, which includes the development plan for a 50-unit apartment complex, with six apartment buildings.

As of now the development will contain a pool and a Clubhouse. A request for multiple bike racks has also been put in by commission member Tim Spies. Two of the apartment buildings will contain handicapped units. There will be over

See **GATHERING** on Pg 2

Sustainability policy under revision

BY JUSTIN MCCLURE
Staff Writer

The University Sustainability Committee has updated the Climate Action Plan for 2014 to 2017. The Climate Action Plan is a document that specifies ways in which SU can attain a greener future. Policy development, local outreach, research and promotional campaigns like Earth Week and Recycle Madness are among the few matters the CAP addresses.

"In my opinion there is no greater issue facing our generation than how we as humans can make our lifestyles more sustainable in order to continue living on this planet" said Will Barrow who is Vice President of Sustainability and part of the Student Government Association.

In 2007, President Dudley-Eshbach signed the American College and University President's Climate Commitment, which pledged to move the university toward neutral greenhouse gas emissions and other environmentally-conscious efforts.

In order to do this, the president created an 18 member committee of students, faculty and staff presented with the task of creating the first CAP. Documentation of the plan was formulated in

2010.

Many members that sit on the committee have a history in environmentally sustainable experiences. Before becoming Vice President of Sustainability Will Barrow was a senator in the SGA working on environmental issues and has been the president of the Garden Club for three years.

For those wanting to get involved in sustainability issues he encourages them to participate in events, join clubs, take environmentally oriented classes and change personal habits.

"Most importantly make sure your voice is heard in supporting sustainability initiatives whenever and wherever you can" Barrow said.

As warranted by the committee, SU students have developed their own opinions and comments about the CAP. Sophomore Rhett Malone thinks that the plan is a step in the right direction.

"Personally, I am one that doesn't believe in global warming, but I cannot say that our resources are not depleting and it's not good that we pump fossil fuels into the air," Malone said. "I believe anything that the university can do to help preserve the environment is good."

The committee is encouraging the campus com-

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NONPROFIT

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ference community by community. Their first focus will be Harare in the capital city of Sunningdale, where Jere is from. Abel Muridzo, Tibatane's first person of interest, is planning to build a farm so that he can support himself and his family.

This is where Tibatane comes in. The organization will help Muridzo create and develop his business plan, and then support him as he carries it out.

The biggest drive for Tibatane is their combined passion. "It's something so small, but means so much to us," Jere said.

The team, besides wanting to build up people economically, wants to bring humanity to their project. The team always says, "We are all broken people, we are not perfect. But we are lucky, we were born into opportunity, but not everyone has this chance. We came from scarcity, and we're trying to do something about it."

They said they see the optimism that the Zimbabweans have, though, an optimism that they feel most Americans lack.

"It's funny, when you go to some of the houses, it's the first thing you

want to change is their living conditions," Jere said. "It's not like that for them. They're not as materialistic. They want help, but not with that."

"There are a lot of issues with their homes, but they never complain about it. They have so much joy, and that's some kind of richness. It's incredible to see."

On Feb. 28, Tibatane will have their Kickstarter to raise money at the Bethany Lutheran Church in Salisbury, and in June of 2014 they will open their first online clothing store.

They are still looking for team members and people to help out in any way they can.

Tibatane is currently looking for campus representatives in order to spread the movement even farther across the United States. They are on the web at www.tibatane.org, on Facebook with their page "Tibatane," and on Twitter and Instagram @Tibatane.

"People should definitely find us online, because sharing goes so far," Jere said. "If you want to join, please reach out. We have room for everyone and we'd love for you to join the movement."

GATHERING

Continued from PAGE 1

200 parking spaces, and the plan includes the locations of buildings, parking, entrances, dumpster locations, the clubhouse, the pool, and storm water management/micro bio retention areas.

"Approvals are just starting to be made, there is a lot more that needs to be completed before the actual building takes place" said Gloria Smith, planner and coordinator of the Jamestown Development Group, LLC. "Dates fluctuate because of how fast or slow engineers are able to submit plans, and it also varies depending on the size of the project, and what kinds of obstacles are present."

"According to SU's Facilities and Capital Management Department, during the design phase of any project, it is not unusual for the preliminary design

plans to change" said Jason Rhodes, Public Relations Specialist.

As of Jan. 30, the Planning Staff for the development has recommended approval of the Final Comprehensive Development Plan for The Gathering at Salisbury, which Donna Sanders has submitted. This includes the landscaping plan and building elevations.

The site will be developed in agreement with the final comprehensive development plan, when approved. If plan adjustments are to be made, they must be approved by the directors of planning and building, permits and inspections departments. The approval is also liable to further review and approval by the Salisbury Public Works Department.

POLICY

Continued from PAGE 1

munity to help out by visiting their website to give feedback and according to Sustainability and Environmental Safety Director Wayne Shelton, the campus has been invited to provide comments and suggestions for the plan on the sustainability website: <http://www.salisbury.edu/sustain/usc/climate-actionplan.html>.

"Our website is the best source for information," Shelton said. "The entire CAP is posted on [the website] and all comments will be reviewed by the University Sustainability Committee. We were tasked with creating a guiding document and we need the campus' help."

SU ranks among top universities in the nation for best value

BY JACOB TROXELL
News Editor

The Princeton Review has named Salisbury University one of the top 80 Best-Valued Colleges in the nation for 2014, and for the 15th straight year SU is one of U.S. News and World's Report's Top Public Universities in the nation.

SU has also been named among the Top 100 Best Value Colleges by Kiplinger's Personal Finance magazine, ranked 63rd for in-state students (nine spots higher than last year) and 44 for out-of-state students, surpassing Towson University and University of Maryland, Baltimore County. This marks the 13th straight year SU has been ranked among the Princeton Review's Best Colleges.

SU came in second on the list out of University of Maryland system campuses, only behind the University of Maryland, College

Park.

Kiplinger was founded in 1947 and is the nation's oldest personal finance magazine. It bases its ratings on graduation rate, admission, student indebtedness and several other factors.

The Princeton Review surveys about 2,000 colleges each year and evaluates schools on approximately 30 academic measures as well as the cost of attendance.

"To be named a best value in either of these publications would be impressive, but to be ranked among the nation's best in both in a single year is a high honor," said SU Provost and Senior Vice President of Academic Affairs, Diane Allen. "This is a testament to the ongoing efforts of our faculty and staff, who diligently work to provide our students with a high-quality education at a reasonable cost."

Currently, for in-state students, SU costs about \$19,000 a year and for out-of-state stu-

dents SU costs about \$28,000 (which includes estimated room and board fees.)

Sophomore Colleen Toomey said she is from New Jersey and SU's out-of-state tuition was cheaper than any school she was looking at in-state.

"In New Jersey tuition prices are insanely high even for someone living in-state, I decided I might as well go to school somewhere out of state and somewhere new," Toomey said. "I really think (SU) was a great investment, unlike if I had gone to a school that cost tens of thousands more in tuition. I won't be drowning in student debt after graduation."

As SU continues to grow since its opening as a teachers college in 1925, it has laid claim to some well-known alumni over the years, including many different successful entrepreneurs, sales professionals, educators, members in the Maryland House of Delegates, actors, and even two recent Super Bowl champions.

A few notable alumni include Dan Quinn, defensive coordinator for the Seattle Seahawks and Steve Bisciotti, owner of the Baltimore Ravens who have both won the Super Bowl in the past two years. Others include Frank Perdue, former president of Perdue Farms, Scott Krinsky, actor on the NBC series "Chuck," Mike Seidel, a meteorologist for The Weather Channel and Scott Byers who is the program manager at the office of security operations at the U.S. Department of Homeland Security.

SU alumni Pam Wood worked at Peninsula Regional Medical Center for over 10 years as an Administrative Coordinator and as a man-

ager of the Peninsula Partners 55+ membership program. Wood now teaches dance classes and owns "Ballroom Made Simple" in Salisbury and urges students to learn how to communicate with people of different ages and backgrounds while at SU.

"Break away from texting and tweeting long enough to craft and better develop your communications skills both verbally and in written form," Wood said. "Invest in the speech and interpersonal courses that are available to you, you will need all of these skills as you move forward in your schooling and your career."

"My classes (at SU) definitely prepared me for grad school, where I am currently working on my MBA," said SU alumni Daniel Huff. "My job as an RA also helped me learn responsibility and time management, as well as helping me land an Assistant Resident Director job at Wagner College in NYC; without my courses or RA job, I wouldn't be where I am today."

Huff said he also encourages current students to get involved on campus and to take advantage of the resources SU has to offer while they can.

"Join a club, an organization, or even be a part of Greek life. The people you meet and the experiences you take away from involvement with campus organizations can help you after you graduate," Huff said. "It is important to take advantage of the services Salisbury provides; your professors, career services, and other useful outlets that Salisbury has can definitely help guide you to a career outside of Salisbury."



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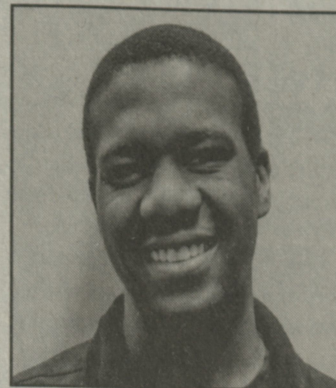
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EDITORIAL

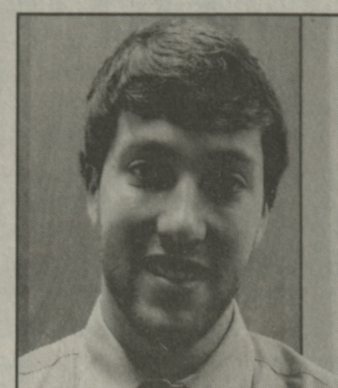
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Overheard: What do you think about the striking down of Virginia's anti-same sex marriage law?



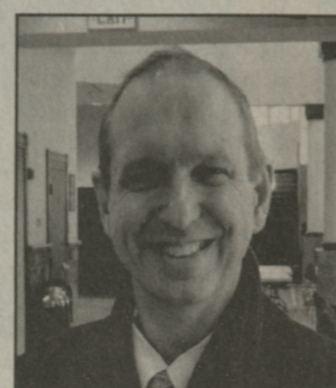
"I feel like everyone should love whom he or she wants to love."
-Alex Reynolds, sophomore



"I think the legislation should have been pushed through because everyone should have the same rights."
-Josh Bond, junior



"I feel they made the right decision. I believe people should make their own choices."
-Kelli Wilhelm, graduate student



"I think it was inevitable. It's clearly a violation of people's rights. I'm happy with the ruling."
-Ben Passmore, university admin



"I support it. The judge made the right choice."
-Emily Harrison, sophomore

The Flyer

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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

Five lies they told me about college



BY AMANDA BIEDERMAN
Gull Life Editor

From the moment I walked in the doors of my 1,200-student, middle of a cornfield high school in the fall of 2006, all I heard about was college.

At that time, any point past high school seemed too far into the future for me to even consider. But all my teachers were determined that I start thinking about what life after high school would be like.

While a lot of their advice was definitely helpful, I know now that many of things they emphasized the most were actually completely wrong—at least from my experience.

1. Always buy what the bookstore tells you

My high school teachers warned me many times about making sure I bought the right books for all my college classes, citing horror stories about how students would buy the wrong edition and end up failing the class as a result. So in the summer before college, I checked the bookstore website on an almost hourly basis, anxious that the right book would sell out before I could order it.

I spent over \$300 on textbooks that semester, now I usually spend under \$50. I usually get away with buying the older edition (Amazon is a great place to do this), or sometimes not even buying the textbook at all. With all the information available online today, spending hundreds of dollars on newly updated textbooks is quickly becoming an outdated practice.

My experience:

Wait until the first day of class to buy your textbooks. You'll get a better sense of whether the newer editions are actually important (sometimes you do need to get an online access code) or if you can find all the information you need in an old textbook or online. I could have saved hundreds of dollars if I had realized this sooner.

2. Your professors won't care

I distinctly remember one of my high school teachers chastising a student who was sleeping in class. She said, "Once you get to college, you can sit in the back, put your headphones in, and zone out. Once you've paid the bill for the class, they won't care."

My high school teachers told me that you can text, talk or sleep in class, and no one would care. They warned us our professors wouldn't try to get to know us or keep track of what we were doing. I heard several times that no one takes attendance in college. But after four years, I've found that this couldn't be farther from the truth.

My experience:

Maybe it's because Salisbury University is a fairly small school, and most of my classes tend to have 40 students or fewer. But almost all of my professors take attendance, and most will take off points if you miss a certain number of classes. Professors don't like it when you text, and many will call you out for it (it happened to me once, and I was really embarrassed. Don't make the same mistake). And the idea of a student sitting in the back of a classroom, listening to music with his head down, is completely ridiculous.

3. The only grades are finals

My high school teachers told me that in college you don't get credit for your homework or your participation, and that there aren't regular papers or quizzes. Basically, all of your grade depends on one huge test that you take at the end of the semester. You could do everything right, but then fail a class because you didn't understand one essay question.

My experience:

I've had a few classes that depend solely on exams, but they were few and far between. And even then, it was based on several tests throughout the semester. More often, my grades came from participation, quizzes, assignments and exams. Finals are important, but not nearly as important as my high school teachers made them seem.

4. You can only write in cursive

This was actually a lie from elementary school, but it's a lie that I think we were all told. I remember sitting at my desk, struggling to make a perfectly curved S, while my teacher yelled that I would never get ahead in life if I didn't get these seemingly foreign letters to look perfect.

My experience:

Now, everyone types everything. My elementary school teachers made it seem like typing on a computer was lazy and would be frowned upon in college. Times really have changed. But even if you write something out for class, almost no one uses cursive. All that time I spent perfecting my S's in second grade, and I don't even remember how to do it anymore.

5. You should worry. About everything.

My teachers made college sound horrible and intimidating. But actually, it's been pretty fun. I've definitely gotten stressed about tests, internships and work while here, but in general college has been one of the best experiences I've ever had. In an effort to make me serious about college, my teachers made it sound like my professors are setting us up to fail. I know they were only trying to help, and I actually received a lot of great advice. I think a lot of their advice may have been a bit outdated, and part of it comes from the fact that SU is a small school.

My experience:

I was worried that I would fail in college. I thought I wouldn't be able to find the right books, or that I would get lost on campus. But really, it wasn't that bad. Just remember that one person's stories do not have to define your own experience.

Our View

Debunking the Marriage
'Slippery Slope' Argument

As more and more people are becoming supportive of same-sex marriage across America, the arguments of those opposed to marriage equality are becoming more and more desperate.

One of the last talking points that anti-gay marriage advocates are clinging to is the slippery slope argument that the legalization of gay marriage will inevitably lead to polygamy.

There is one glaring problem with this argument: there is not a single example in the world of a jurisdiction having legalized polygamy after having legalized gay marriage. Not a single country, province, state or city in the entire world. In fact, the countries where polygamy is legal are in the regions that are the most hostile towards LGBT rights—Africa and the Middle East.

So, in other words, the anti-gay politicians who say that legalizing

the state of Massachusetts legalized same-sex marriage, the first to do so in the United States. Europe, the region that is arguably the most friendly towards LGBT rights (with the exception of the former Soviet states), has the most countries that recognize gay marriage, yet not a single one recognizes polygamy. And, despite the warnings from social conservatives, polygamy is still illegal in Massachusetts and all of the other states where gay marriage is recognized. There are also no "polygamist pride parades" in the streets of Brussels, Boston or Baltimore. Nor is any other socially significant movement pushing for the right to marry more than one person, other than the one pursued by the stars of the TLC show "Sister Wives," which hardly anybody watches anyway.

So, in other words, the anti-gay politicians who say that legalizing

gay marriage will ultimately lead to the cheapening of marriage to the point where a man can have 55 wives, with 13 of them being another species, are talking out of their asses.

So, in other words, the anti-gay

gay marriage will ultimately lead to the cheapening of marriage to the point where a man can have 55 wives, with 13 of them being another species, are talking out of their asses.

"Slippery slope arguments are lazy arguments," said political science professor and pre-law advisor Roberta Adams. "Don't use those types of arguments in a courtroom."

The slippery slope argument is unimaginative speculation, especially in this situation where there is not a single example of the prediction materializing, despite having over a decade to do so in many parts of the world. You can give it several more decades, and it is still extremely unlikely that the prediction will hold true.

In the jurisdictions that have legalized gay marriage, let's explain what has happened since: a man

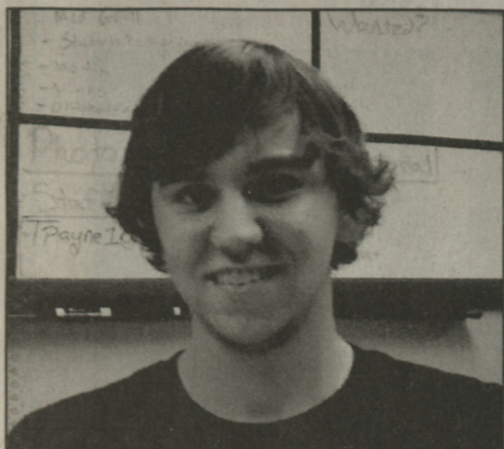
can marry the woman he loves, a man can marry the man he loves, a woman can marry the woman she loves, filing taxes on one return instead of multiple is a right no longer exclusive to straight couples, people can attend all types of weddings and have a wonderful time, businesses can make tons of extra money providing their services to gay and straight weddings, citizens live in peace, religion still exists and polygamy has not been legalized.

But the real reason that many anti-gay marriage folks are sticking to the slippery slope argument is not because they truly believe it, but that they are scared of what gay marriage will actually lead to—acceptance and tolerance of gays and lesbians. That scares traditionalists way more than polygamy does.

Correction:

In the February 11 issue of The Flyer, an article was published with a graphic indicating that a Faculty Senate straw poll conducted at a recent meeting showed that over 85 percent of voters wanted to implement a +/- grading system. This vote was an attempt to overturn an earlier vote which struck down the chance to implement that system, rather than the vote on the issue itself.

New book claims that ADHD does not exist: a response from one of the many diagnosed



BY STEVEN CENNAME
Editorial Editor

This article is worth paying attention to, so pop in some Vyvanse or Adderall while we analyze some recent claims.

A new book released earlier this month boldly titled, "ADHD Does Not Exist," goes well beyond the common argument that the condition is over-diagnosed. It makes the claim that the title does, saying that Attention Deficit Hyperactivity Disorder is an "illness" that we define by the symptoms instead of the cause. Because of this, the author is convinced that ADHD is not a disease or a disorder, but rather a collection of symptoms.

The author, Dr. Richard Saul, is a behavioral neurologist who claims that "not a single individual—not even the person who finds it close to impossible to pay attention or sit still—is afflicted by the disorder called ADHD as we define it today."

After going through the common scare tactics used to dissuade parents from purchasing ADHD medications for their children, including saying that early death has been a side effect, Saul goes on to criticize the way the medical community has approached ADHD as well as the lack of advancements in research and treatment that have occurred since its entrance into the medical journals in 1937.

"Ever since 1937, when Dr. Charles Bradley reported that children who exhibited symptoms of distractibility responded well to stimulant medication, the core concept of ADHD has remained essentially unchanged," Saul says. "Imagine, despite decades of advancement in neuroscience, we're still approaching this 'disorder' the same way."

While he does bring up some very valid points about the troubling history of the diagnostic processes, Saul's claim that ADHD does not exist can be a rather dangerous assertion.

There is no doubt that ADHD is over-diagnosed and that non-pharmaceutical approaches are too often overlooked. However, that does not mean that we should discount ADHD as a disease, illness or disorder (whatever you want to label it) just because we do not understand the full scope of what ultimately causes it. The treatment protocols for ADHD are well-established and denying its existence would make it much harder for families to see their children achieve their full potential, especially if they have already exhausted the more natural alternatives for treatment.

Although I disagree with Saul's disbelief in ADHD, I do think that there needs to be a dis-

cussion about how alarmingly abundant prescriptions for medications like Adderall, Vyvanse and Ritalin have become.

I was diagnosed with Attention Deficit Disorder (sometimes doctors diagnose you without the "H") in fourth grade, very soon after my 9th birthday. Before my diagnosis, I was never able to focus on homework assignments, instead preferring to go outside, run with my dog, watch television and do other activities that most normal kids would prefer over their homework.

Nevertheless, I was still put on medication. I was first prescribed with Adderall, but in 8th grade the pediatrician determined that I was regressing and the medication no longer had any effect on me. In other words, I had built up a tolerance. The doctor then switched me to Vyvanse.

When I am on the medication, I can get work done. But has that been the medication or was it simply maturity? A high school student and a college student would tend to be more focused on schoolwork than a fourth grader or a middle school student, so it could very well be maturity. But I still had doubts. Since I have achieved so much in high school and college, I sometimes wonder whether my hard work and success in school was truly a result of my intelligence and ability or whether it was just the medicine talking. Until recently, I had always assumed the latter.

When I am off the medication, it is much more difficult to get work done. At least, that's what I thought before I studied abroad in Japan, where these types of medications are illegal. In Japan, I was able to focus on the work

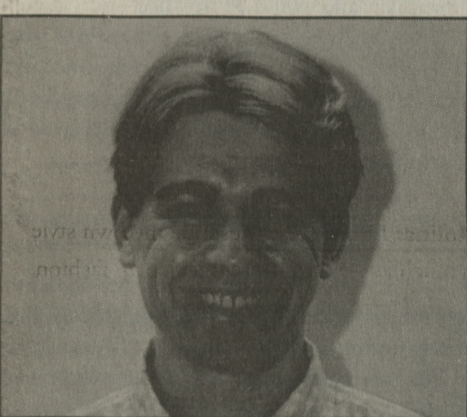
we did, the conversations we had and the environmental and spiritual reflections. I hardly noticed that I was off the medication for two and a half weeks.

Usually when I skipped the medication, it was like a difference between night and day as compared to the days I did take it. When I went a day without the medication, I experienced withdrawal, mood swings, the munchies and being totally unable to commit to anything except lethargy. I was convinced that I was addicted, and going without it in Japan completely eradicated that mindset. Since returning from Japan, getting off ADD medications after 12 years of taking them is a new goal.

The point of the story is that sometimes we need to let kids be kids, and I think that a lot of parents and teachers put children on the medication because they want to take the easy way out, without considering the long-term affects it would have on them.

Saul may be making the claim that ADHD does not exist because many parents are putting their kids on the medication because they worry that they will have attention problems forever, but instead it's an issue of maturity. Fourth graders always hate having to do homework, and some of them will play outside and ignore their homework because they are kids whose top priority is to have as much fun as possible. When they mature, they will learn that hard work and success is just as important and they will proceed accordingly. Too many parents and teachers confuse ADHD for typical childhood immaturity, and that's what leads to over-diagnosis.

Why al Qaeda is winning the ideological war



BY THELONIOUS WILLIAMS
Staff Writer

Over 10 years since the declaration of the "Global War on Terror," al Qaeda's ideology is still finding adherents. Far from "winning" the War on Terror, the West and the western-backed regimes in the Islamic world are contending with a protean hydra.

The civil war in Syria has become the 21st century's Afghanistan, beckoning salafi jihadists from across the world. Muammar Ghaddafi's death and the collapse of the Libyan state have created a security vacuum exploited by various loosely-linked affiliates of al Qaeda in the Islamic Maghreb. And right next door, the Egyptian military's ousting of Mohammed Morsi, along with its brutal and systematic crushing of the Muslim Brotherhood, has emboldened al Qaeda-linked groups in the Sinai Peninsula.

Although the U.S. has succeeded in inhibiting the operational capability of al Qaeda's senior leadership to effectively command and organize its disperse network of affiliates, the salafi jihadi ideology of al Qaeda has spread and taken root across the greater Middle East.

The West, and the U.S. in particular, has attempted to counter this ideological offensive with a laundry list, if largely ineffective, attempt at demonstrating the value of democratic principles. The U.S.'s apparent failure at nation building in Iraq and Afghanistan, the West's near-unconditional support for autocratic regimes in the Islamic world and the U.S.'s over-reliance on drone warfare, however, have demonstrated that the West's so-called democratic principles will not alleviate Arabs from their poverty, near-constant state of war and general suffering.

Al Qaeda has used the West's failure to address these grievances as propaganda in order to justify their bloody campaign. Yemen, Pakistan, Somalia, Syria and the other countries and regions where al Qaeda operates, host highly religious, impoverished, unemployed and often illiterate populations.

When these peoples' knowledge and perception of the West consists of the buzz of a drone overhead, missile strikes, western or western-backed invasion forces and western-funded, corrupt regimes, al Qaeda's ideology of violent jihad as the only means of overthrowing these peoples' "apostate regimes" and ousting their "Zionist backers" resonates with them.

The first 18 months of the Arab Spring, how-

ever, disproved al Qaeda's narrative. Through massive, peaceful protests, Arab peoples were able to topple their corrupt and autocratic regimes in Egypt, Tunisia and Yemen, while gaining limited democratic reforms in Morocco and Jordan. Even a fairly quick and decisive civil war in Libya ousted the country's long-time autocrat. Peaceful protestors, demanding western-style democratic reforms, achieved in a few months what al Qaeda and the salafi jihadi organizations which proceeded could not achieve in decades.

The West's quick acceptance of regime change in Tunisia and Egypt and decisive military support for the Libyan rebels further weakened al Qaeda's position. The final blow to al Qaeda was the election of Islamist governments and parties in Egypt, Libya, Tunisia and Morocco. Even radical Salafi organizations, who openly denounced participation in democracy as "apostate," reversed their position and participated in democratic elections.

At this point, in the latter half of 2012, al Qaeda's claim that only violent jihad could lead to the establishment of Islamic regimes in the Middle East and North Africa had wholly been disproved. Albeit, al Qaeda's goal of reestablishing a global Caliphate had not been realized, but no other time since the fall of the Ottoman Empire had the Islamic world been ruled or influenced by so many Islamists.

This very fact, unfortunately, terrified the West, and contributed to a fatal pause in the West's near-unconditional support for the Arab Spring. The election of Islamist parties was only one of many factors that contributed to the West's shift in policy, but the failure to grasp the ideological significance of these elections and the Arab Spring will forever be a missed opportunity.

As the Arab Spring became more and more complex, the West, and the U.S. in particular, heavily disengaged rhetorically, financially and diplomatically from the region.

The U.S.'s muted reaction to the Saudi crushing of dissent in Bahrain and Eastern Saudi Arabia, the dramatic uptick of the drone campaign in Yemen, the disengagement from Libya following Ghaddafi's death, the lack of rhetorical support for the nascent governments in Egypt and Tunisia and the reluctance to decisively support the Syrian rebels all reinforced al Qaeda's position that the West would never allow the Arab Spring to succeed.

With the ousting of Mohammed Morsi and the brutal suppression of the Muslim Brotherhood, to the Arab people al Qaeda's point appeared to have been proven. The worsening civil war in Syria, with the West increasingly siding with Bashar al-Assad that terrorism is a bigger threat than his regime, anarchy in Libya and the recent resignation of Tunisia's Islamist-led government have largely supported al Qaeda's rhetorical battle with the West.

The Middle East's transition from peaceful protest to violent tumult and unrest over the past three years probably could not have been prevented by the West. The West has, however, made some very crucial mistakes over the

course of the Arab Spring, in particular with regards to their ideological response to it. Al Qaeda's exploitation of this tumult, and its capitalization on the propaganda value of the situation, could have been mollified if not thwarted.

Al Qaeda will never be defeated militarily. No matter how many senior leaders the U.S. kills and captures, the salafi jihadi ideology of the or-

ganization will not die. Only by winning the "hearts and minds" of the Muslim peoples can the world hope to be rid of this terror. Al Qaeda is winning the ideological war, and the U.S. must realize that the ideological battlefield is just as, if not more, important than the literal battlefield.

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Sigma Tau Date Auction: A Night to Remember

BY JESSICA GOODELL
Staff Writer

Over 100 girls and a few supportive guys flocked to Holloway Hall on Feb. 10 for Sigma Tau Gamma's Annual Date Auction.

The first Sig Tau brother came to the stage as Bruce Springsteen's "Thunder Road" filled the auditorium. Each member got to choose his own song to walk up to the stage to. They varied from Jason Derulo's "Talk Dirty" to Zedd's "Stay the Night" featuring Haley Williams.

Upon arrival to the stage, each brother sat down in an armchair across from the interviewer, Lauren Wallace. Some shuffled nervously in the spotlight while others radiated confidence.

Wallace began with easy questions such as "Why did you choose the walk up song you did?" or "What is your favorite book or movie?" After that she would move to more embarrassing questions such as "Tell us the story of your first kiss."

Most of the answers to the interview questions were sarcastic, getting a laugh out of everyone in the room.

Their last question was always to describe the date they had planned for the highest bidder. Several of the dates consisted of a homemade dinner and the lady's choice of a movie. Others included a Valentine's Day date. Some were more unique such as bowling or a mixology class.

After describing their date they would pick up a long stemmed rose from the coffee table in front of them and head to center stage.

The auctioneer, Andy Sylvia, gave a few funny "facts" about them such as "In the

second grade he lost the spelling bee by misspelling the word "water" and "He had to wash an ostrich once." He then would start the bidding at \$10. Girls from all around the auditorium raised their hands, shouting out their bids. The highest bid of the night was for over \$80. All proceeds went to the Special Olympics.

When the bidding ended with "Going once, going twice, sold!" the member then headed towards the highest bidder and presented her with his rose while cheesy romantic Spanish songs played in the background. They then went to the lobby for her to pay the bid and for them to take

prom-like pictures in front of a Sigma Tau Gamma date auction banner.

At intermission the fraternity auctioned off three packages of signed NCIS merchandise including photographs, hats, and scripts. One package went for a total of \$80.

"The date auction is fun and always interesting," Nick Engelhardt said. "We always have unique dates and it's a great way to meet new people and raise money for a good cause."

With over \$2,000 raised for the Special Olympics. The Sig Tau brothers considered the night a success.



Shawn Abbasi photos
Top: Carlee Loeser and Nick Engelhardt were all smiles at the Sigma Tau Date Auction last week. Bottom: Auctioneer Andy Sylvia "sells" Andrew Rosnick to the crowd.

Q&A With Alyssa Molina, creator of the Fab Broke Life blog

BY AARON HUTT
Staff Writer

Last winter break, I came across a link on Twitter to a blog.

This post was about an idea for New Year's to keep constant reminders of your resolution around you. Even though I didn't do exactly as suggested, seeing the blog made me more certain about keeping my New Year's resolution. Actually, I felt a little upset because I knew that the creator of this blog was my fellow CMAT major, senior Alyssa Molina.

I felt bad that I was just now reading it, considering the fact that she told me about her blog, "Fab Broke Life," the first day I met her at the radio station last year.

I made up for it by reading more, and I enjoyed the it so much that I invited Molina to my WXSU radio show last Wednesday.

Me: When did you first start your blog Fab Broke Life?
Molina: November 2012.

Me: Did you always have a passion for writing?
Molina: I was originally a marketing major but I had to take an accounting class, so I said "forget that" and went to communications with a journalism track. My friends and I were always really into fashion, so I started from there. I post more than that though. I write blogs about where I travel to, my personal life and fashion that my friends and I are into, amongst other things.

Me: I can tell after reading your blog that you're really into fashion and some of the trends that come along with it. How would you describe your own style as a fashionista?
Molina: I don't really describe my own style as much as I post different styles of fashion that seem interesting.

Me: Since you're studying Communications, I have to ask: what is your perspective on media today?
Molina: Umm... well radio can get better. Me: Well okay. I'll try not to take offense. Alyssa: Sorry but it's true. And with social media, the problem is that everyone is doing the same thing. Like other people have their blogs and their twitters and instagrams. Me: Yeah like posting personal information that seems like a BIT too much. Alyssa: Yeah I got you. I understand.

Me: Do you think social media has a positive or negative effect?
Molina: It depends. There's the way that some younger people use it and that's a little debatable. Social media is definitely improving though. As long as people use it wisely.

Me: Who or what do you regard as your inspirations for writing?
Molina: Other bloggers like Kelly Cutrone, my idol, and my favorite blogger Melyssa, the creator of The Nectar Collective. And of course, my personal life inspires all of my blogs.

On Feb. 10, Molina posted a Valentine's Day themed Monday Mood Board, a collection of items that describe how she feels. Last Wednesday, she posted a "D.I.Y. Dinner for Two," a post about cooking a four-course meal for your significant other. Another post was about outfit choice for the special night. I decided to ask about her culinary skills.

Me: From the looks of your recent post that I've seen, you're a bit of a cook.
Molina: Yeah. I had to cook a lot since my mother didn't do it that much.
Me: Oh, I think I had it worse. I had to learn how cook more too. There were times when I would nearly starve at home.
Molina: No, I understand.
Me: What do you normally cook?
Molina: Just usual food. Main dish, some sides. Nothing special most of the times. I'm in college after all. That's why it's the Fab Broke Life!

Visit thefabrokelife.wordpress.com for Molina's latest blog posts, and follow her on Twitter @AM-Molina

CAMPUS CHIC

#NYFW14



Contributed by Kara Kinnamon

Kara's favorite fur looks, straight from the New York Fashion Week Runways.

BY KARA KINNAMON
Fashion Columnist

Mercedes-Benz New York Fashion Week for fall 2014 has just wrapped up in the blustery city of Manhattan.

This season is the first time that I took it upon myself to stream the shows live and review the runway for myself. I've always relied on other sources to report the trends for the upcoming fashion season, but this year I have my own interpretations.

I devised a few categories for the overall best in show designers.

I am deeming "Coolest Runway" to Tommy Hilfiger. He brought the snow inside for an Aspen-esque trail catwalk. It was the perfect scenery to display his cabin look collection.

The next category is "Young and Upcoming," which I give to a label called Mark and Estel. Their look was very rocker chic with heavy art and music influences. The best part was the two designers performing at the end of the show. Although they were a tad off-pitch and a bit shocking, it made for a truly memorable show.

This was a tough one to narrow down, but I chose Badgley Mischka for "Gorgeous Gowns." The collection also includes many wearable fall dresses that can be worn into winter.

"Sexy and Sassy" goes to Donna Karan. The colors and use of slits in her collection were bombshell-worthy. This was also her 30th anniversary collection, so it is safe to say she came out with a bang.

My final category is "The

Carolina Herrera was a true inspiration this year, presenting a variety of looks in a vast collection. Some pieces were very forward and more for admiring while others you would die to have in your closet.

Bizarre." Although fashion week can be an acquired taste, there are always those few shows that make you think, "Who in their right mind would wear that?" For me, that collection was Rodarte and their Star Wars-themed dresses. There were literally pictures of Yoda and Luke Skywalker on the lower half of these flowing dresses. Needless to say, I didn't get it.

To throw out a more common name, Michael Kors' show was what I would consider to be "classic fall." It was a somewhat romantic take on chunky knits, furs and neutral fall colors.

Betsey Johnson flirted with the fine line between party girl glam

and tacky. Some pieces were perfect fall club wear, while others made me think of Honey Boo Boo's pageant dresses.

Nicole Miller presented some very wearable pieces like a fur, studded waist skirt. It is so much more flattering and unique than I can describe.

Another designer geared more toward our generation is Noon by Noor. There was a fantastic use of clean and fresh prints as well as colors in their collection.

Carolina Herrera was a true inspiration this year, presenting a variety of looks in a vast collection. Some pieces were very forward and more for admiring while others you would die to have in your closet.

Some recurring trends you can continue into this fall include gold, leopard print, fur, and structured bags.

New trends to keep up with are edgy alternative boots, oversized coats, bedazzled embellishments, edgy hats and the integration of orange. Some reporters are claiming that "orange is the new black," but I simply think it's more of an introduction rather than apocalyptic take over.

The highlight of Fashion Week this year was the streaker. What one would usually expect at sporting events crashed the runway of Prabal Gurung's show. He ripped off his black trench coat to reveal a leopard print banana hammock, red tube socks, men's loafers and, like a cherry on top, a gold crown.

Food For The Broke

BY AMANDA BIEDERMAN
Gull Life Editor

Making the most of The Commons

Serving Size: You!

Cost per Serving: Free! (If you have a meal plan it's already paid for, which is basically free)

Cook/Prep Time: Can vary dramatically depending on how crowded it is. If there's an open house today, avoid at all costs

I'm probably one of the only seniors on campus who still has a meal plan with more than 30 meals for the semester.

During my freshman year, I used my unlimited meal plan to its fullest potential; once, I went to The Commons six times in one day. Now I don't even go that many times in one week.

Taking advantage of The Commons is one of the best things you can do for yourself. Go there once and you'll have enough fruit, bagels and carrots for the next three days (I wouldn't recommend keeping food much longer than that). But let's face it: Most of us have, at some point or another, become experts at sneaking out food from The Commons. And I know many of us use plates and cups "inspired" by our school's dining hall. I'll admit it: A good portion of the silverware in my apartment "appeared" after a Commons run a few years back.

I know a lot of people get tired of The Commons quickly. It's true; many of the items become monotonous, and there are a few things you really should avoid. But I've found that with a little creativity, I can eat better at Commons than almost anywhere else — at least, better than I would have from my own groceries.

1. Chicken Quesadilla

I honestly never realized you could do this until recently, but now it's one of my favorite things to get at The Commons. First, grab a piece of grilled chicken from Plato's Plate. Scoop up a few spoonfuls of cheddar cheese from the salad bar (That's really all I get, but if you want to add more, check out Fiesta Express for salsa or vegetables). Then take your plate over to the sandwich station, and have them cook it in a flour tortilla.

2. Chicken Alfredo

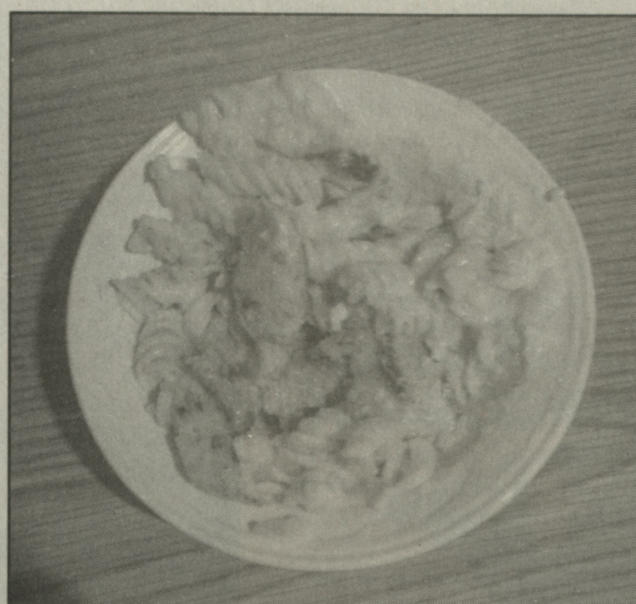
Someone gave me this idea about a year ago, and I definitely owe them. This idea is so simple it's ridiculous. Just add chicken from Plato's Plate to a bowl of pasta with alfredo sauce from Lotta Pasta. Sprinkle on a little mozzarella cheese from the salad bar. For extra spice, add just a pinch of chili powder from the area near the ice cream station.

3. Cheese eggs

Breakfast at Commons can be tricky. Their cereal is good, and their oatmeal with cinnamon and raisins is delicious. Bagels, muffins and scones are always safe choices. But hot meals at The Commons are notoriously hit-or-miss. If you do try them, all I can say is this: The scrambled eggs are usually fine. But, at least from my experience, the cheesy scrambled eggs should be avoided at all costs. If you must have cheese, get it from somewhere else and add it to your eggs.

This is probably the only time you'll have almost constant access to a buffet-style dining hall. Make the most of it while you still can. Use all the meals for your meal plan, and don't be afraid to try new things.

And if your meal doesn't end up tasting like you thought it would, you can always go back for something else.



Amanda Biderman photos

Don't be afraid to try new things when you eat at The Commons.

Volume 44, Issue 3

SPORTS

February 18, 2014

Student bikes 4K for cancer

BY AMY MCFARLAND
Sports Editor

Most seniors at Salisbury University are looking forward to a summer of grad school preparation or job hunting, but senior volleyball player Jess Tallant has a special trip planned for her summer.

She is planning a 70 day long, 4K cross-country cycling trip known as the 4K for Cancer, to be exact.

"Everyone has been really supportive but at first my parents were like 'oh my gosh that's scary, what if something happens to you?'" Tallant said.

The 4K for Cancer, created in 2001, is a program run by the Ulman Cancer Fund for Young Adults, which is a nonprofit organization dedicated to raising awareness and education about cancer. The trip occurs each summer and is split into four groups, all college-aged kids, and leaves from Baltimore, Md. on June 1.

Tallant saw one of the trips arrive at its destination in Seattle, Wash. in the 2013 trip. Her boyfriend Daniel Seigel was on the trip, and Tallant arrived in Seattle with her mother, who has been affected by breast cancer, to welcome his return.

Tallant is no stranger to the affects of cancer.

"During Daniel's 4K last summer, my uncle suddenly passed away and everyone was confused," Tallant said. "My aunt then told us he was diagnosed with pancreatic cancer almost a year before and was refusing to seek any type of treatment."

Tallant's grandmother has also been affected by thyroid cancer. After se-

ing Seigel come in from his cross country trip, Tallant knew it was her turn.

"I've always had some type of connection to the cancer community, and I guess after seeing him pull in with his team was like 'I have to do this,'" Tallant said.

Tallant, a social work major, has been active in raising cancer awareness during her years at SU, including becoming the Sideout Foundation Ambassador for Dig Pink, an organized volleyball match that the SU volleyball team holds almost every year to raise money for clinical trials for breast cancer awareness.

"I've been involved with Sideout since high school but this year I took on the role of setting it up for Salisbury," Tallant said.

She also visited the Peninsula Regional Medical Center's patient navigator for cancer support services and brought what she learned to SU's sports teams in a lecture at Henson last semester.

"I thought it was important especially for the athletes here because they do a ton of philanthropy," Tallant said. "I wanted to show how many people in the Salisbury area are finding out that they have cancer and it was really successful."

As Tallant prepares for her trip after graduation, she is also raising money to try and reach her goal of \$6,000. She has raised money through many social media sites and is now reaching out to businesses as well. While her boyfriend has supported her decision to make the 4,000 plus mile to Seattle, Seigel will not be joining her on her travels.

For more information on Tallant's journey or to make a donation to 4K, visit <http://4kforcancer.org/profiles/jessica-tallant/>.

"I feel like part of it is the fear of the unknown and learning to go with the flow," Seigel said. "Going with people I didn't know forced me to branch out and make friends so I think it's best that she goes on her own."

There are three other trips separate from Tallant's, one will arrive in Portland, Ore., another in San Diego, Calif. and the third in San Francisco, Calif. All trips will arrive to their destination on Aug. 9.

Seigel said there are three legs in each trip, and Tallant's leg will cycle from Baltimore to Chicago. There are two vans that will ride along with her trip, going to and from the group's next host for the night and providing food and water to the cyclists.

"In 4K there is no budget for food so we rely solely on donations," Seigel said. "The food van will go out to any fast food place or Walmart and ask for a gift card as donation so we don't have to spend money on food."

Tallant said she hopes to get a deeper connection to the cancer community during her journey.

"There's so many young adults every year that are diagnosed with cancer, or die from cancer, no matter how gruesome or bad this trip might be it will never amount to what they're dealing with," Tallant said. "Also not many people can say 'hey, I've biked across the country from East Coast to West Coast so simply that personal challenge on its own will be a great accomplishment.'"

For more information on Tallant's journey or to make a donation to 4K, visit <http://4kforcancer.org/profiles/jessica-tallant/>.

Men's basketball defeats York on Alumni Day



SU Athletics photo

Senior guard Tim Harwood takes control of the court.

BY DAVID CABRERA
Staff Writer

On Alumni Day at the Maggs Physical Athletic Center, the Salisbury University men's basketball team got back on the winning track against conference foe York (Pa.) 76-67 on Saturday.

The Sea Gulls (12-11, 7-7) were coming off a loss to Wesley on Wednesday that snapped a five game winning streak.

Senior guard Tim Harwood scored 17 points and junior guard Conor Strickland also scored with 17 points, a season high.

"We just came out ready to play and I was just at the right spots at the right time," Strickland said. "Anybody on our team can (do what I did). Today just showed how unselfish a team we are."

The game was also marked as senior day for the Gulls with Harwood, senior guard Bradyn Wilkerson and senior forward Dominic Milburn being honored before the game.

Milburn scored in double figures (12) for the tenth straight game while freshman guard Charles Porter added eight points off the bench.

Matt McNeely led the way for the Spartans (4-19, 3-12) with 22 points.

The first half was marked by efficient three point shooting, with both teams shooting over 40 percent.

Milburn made three three pointers while Wilkerson and Harwood added two of their own.

Despite the fact that they were matching every point by Salisbury, the Spartans were plagued by turnovers.

They had nine turnovers in the first half with the Gulls playing full court pressure and using double teams.

"We just wanted to be aggressive," Head Coach Josh Merkel said. "We were really able to dictate the game."

At halftime the Gulls led 40-32.

In the second half, the Sea Gulls were in command throughout, but York wouldn't give in.

Despite York's lack of three pointers (1-5), McNeely was able to keep them close by camping inside. Of his 22 points, he scored 14 of them in the second half.

"We have to do our work early, make sure (opposing players) are not getting deep in the paint," Merkel said. "That's been an issue all season. We just have to be stronger and tougher inside."

Strickland and Harwood were able to make up for the weak inside defense.

Strickland had 12 points in the second half, going 3-4 from the field and perfect from deep (2-2 on three pointers).

Harwood came through with some clutch shooting late in the game. With the Gulls up 69-58 in the closing stages, Milburn stole the ball and set up Harwood at the top of the key.

He let it go and when the dagger splashed through the net, Harwood put up them up 72-58.

The Spartans would not get the lead down to single digits until the final buzzer.

"(At this point) it was just another game," Harwood said. "It's crunch time in the CAC and we have to finish strong."

With one more game left before the conference tournament, Merkel loves the strides his team has made.

"If you look at the win and loss column you would call this season some ups and downs but I look at it as highs and lows," Merkel said. "We have just continued to improve as a team and have gotten better every day."

The Sea Gulls host Marymount (Va.) University Wednesday at 7:30 p.m. in the Maggs.



Kolby Malby photo

The team huddles in the snow to strategize for an overtime win against Lynchburg.

Men's lacrosse triumphs over Lynchburg in overtime

BY KOLBY MALBY
Staff Writer

The No. 5 Salisbury Men's Lacrosse team beat the No. 11 Lynchburg College 12-11 in a snowy overtime on Saturday.

Senior midfielder Greg Korvin netted the game winner with 57 seconds remaining in the overtime period.

"We didn't have the ball much in OT, the defense made four or five stops and AT (Alex Taylor) had a great save at the end," Korvin said. "There really wasn't any other option we just had to bury it."

Korvin ended the game with a hat trick and added an assist as well. Fellow senior Luke Phipps added his own hat trick to the mix.

Senior Donovan Lange got the scoring started for the Gulls netting a shot from the right wing just 1:37 into the first quarter.

After the Hornets responded with two goals of their own, the Gulls sophomore Thomas Cirillo and Phipps each scored a goal for a 3-2 lead.

Lynchburg scored a goal from beyond midfield as the clock was winding down to knot the score up 3-3 at the end of the first quarter. The Hornets were able to ride the momentum of scoring before the buzzer into the second quarter.

"Second half the defense was able to shut them out, great team

"In the first half it was a bunch of stupid things we never do in practice, we were sliding up the field," said senior goalkeeper Alex Taylor. "I wasn't seeing the ball that great; most of those were on me."

Lynchburg controlled the face-offs in the quarter, winning eight of nine. They also won the quarter 6-2 and had 14 shots, opposed to just seven for the Gulls. Senior Brandon Kendrick scored both of the Gulls' goals in the period.

"We made a couple of defensive mistakes off the face-offs in the second quarter," Head Coach Jim Berkman said. "We talked about at halftime just one possession at a time; nobody needs to be a hero."

It was a great comeback win for the Gulls as they trailed 9-5 at halftime after a somewhat of a shaky first half.

"We just weren't playing our game, we were trying to do some things that weren't us," Korvin said. "In the second half we came out and just did what we do in practice every day."

Korvin got the scoring started in the second half; Rhett DePol added a goal after to cut the Hornets lead to 9-7. After a Lynchburg goal, Salisbury would score three straight goals to tie the game at 10.

"Second half the defense was able to shut them out, great team

defense" Taylor said. "They didn't get many shots and the shots they got were 10-12 yards out, easy saves."

Snow began to fall shortly into the fourth, adding to the excitement of the game. Each team would score one goal sending the 11-11 game into overtime.

The Gulls would get multiple stops on the Hornets in the overtime, keeping them from scoring the game winning goal. Salisbury got the ball on the offensive side of the field and Korvin would capitalize burying a goal while catching the Hornets defense off guard.

"They weren't ready on defense, we hadn't gotten that close to the goal all game, we caught them a little unorganized," Berkman said. "If we can put four quarters together like we did the second half, I think we could be a real good team."

Salisbury was able to redeem itself from a one goal loss at Lynchburg in 2013.

"Revenge feels great, but this is just our second win of a long season," Taylor said. "We can enjoy it tonight but tomorrow our focus turns to Widener."

The Gulls travel to action Saturday as they travel to Widener University, their next home game is Feb 26 when they play host to McDaniel College.

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Athlete Spotlight: Sarah Seipp



SU Athletics photo

BY DAVID CABRERA
Staff Writer

Sport: Basketball

Year: Junior

Hometown: Gaithersburg, Md.

Major: Health

You transferred from Virginia Wesleyan College. Why did you choose SU?

"I just knew after my visit and my first day of classes. I wish I would've transferred here two years ago. I really love it here."

Given how you performed the past three games (32 points vs. Mary Washington, almost a triple double vs. Wesley and 24 points vs. York on Saturday), was there any changes you made to your game?

"I just owe it all to my teammates and coaches, especially my coaches. They work with me on different things and they want to see me grow."

What is your favorite thing to do on an off day?

"I'm a prankster so I love to prank on my teammates and my coaches. I just love hanging out with my teammates. The best

memories you make are by hanging out with family and that is what this team is."

Is there a nickname you go by?

"The rugby team calls me 6-pack. I guess that counts. There was this one time (earlier this year) when the freshmen and new players had to decorate the locker room and the theme was Space Jam. I came in there dressed up as the Tasmanian Devil so I guess that would be another (nickname)."

What is your favorite part about SU?

"Commons. Just how big it is and the food."

Is there anything else we should know about you?

"I love peanut butter and I named my dog Jiff after it."

Head Coach Kelly Lewandowski's thoughts:

"She's very energetic and plays with a lot of passion. She is very competitive, whether it is in practice or games. She cares about her teammates. She likes having a good time, having fun but she also works hard."

Athlete's Health

Delayed onset
muscle soreness

BY GLEN CAREY
Staff Writer

It's a great feeling coming out of the gym after a hard workout, until the struggle of waking up in the morning and being unable to roll out of bed begins.

This unwelcome pain, known as delayed onset muscle soreness, or DOMS, can be caused by any type of activity that places unaccustomed loads or force on muscles. Almost all types of physical activity can cause delayed soreness.

"It decreases the amount of force athletes can produce," said Salisbury University athletic trainer Jim McHugh. "(It) creates a very stiff body."

SU strength and conditioning coordinator coach Matt Nein said athletes tend to develop DOMS with new and more intense workouts.

"When they step on the field for the first time, the intensity is unmatched by any practice and can cause soreness," Nein said.

Delayed muscle soreness is an injury that should not be ignored, but athletes will still try to hide it. Nein said he builds comfortable relationships with his athletes so they stay the healthiest and so he can adjust their workouts accordingly depending on their fatigue levels.

"If their muscles aren't used to lifting then it will occur," McHugh said. "Severe cases can even prevent athletes from playing."

Nein said that if the athletes understand and know that DOMS will occur because it is natural and their bodies will adapt to it then they won't put as much stress on them, which will in turn help them stay healthier.

"As coaches we need to create variations of appropriate progressions to help our athletes stay healthy," Nein said.

The recovery process for DOMS is similar to other injury recoveries. Icing the muscle, light and loaded training and getting as much blood flow to the area of soreness.

McHugh said cool downs such as riding a bike for a few minutes after a long run will help the body recover faster.

"The key is to get the athletes to the resistance phase where the body has adapted to the workout and is able to create most productive workouts," Nein said.

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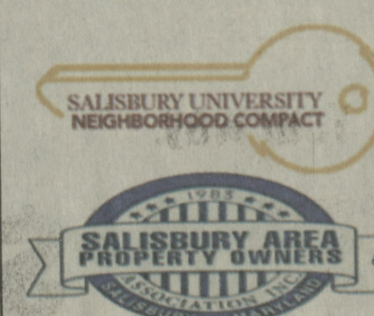
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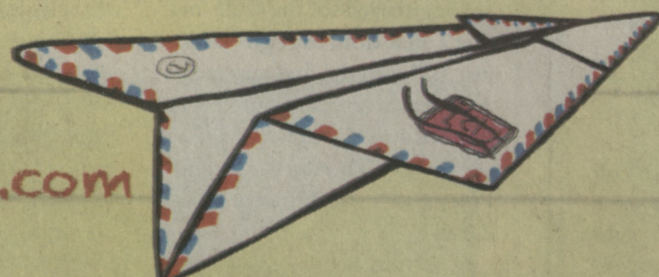
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